flaxenwick

Date _____

Goal Planner

Decide on a goal you would like to achieve and write it down. Remember to be specific and express your goal as something you *are* doing rather than something you *will* do.

_____

_____

_____

_____

_____

Set a target date to achieve your goal _____

Using the sliding scale below, indicate where you are now in relation to your goal.

_____

0% 25% 50% 75% 100%

What will be your reward for achieving your goal? _____

_____

Who is supporting you? _____

When will you review your progress? _____

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